

# Well-Being

WINTER/SPRING 2004

## History Lesson

Your risk for many diseases, such as heart disease and diabetes, may in part depend on your family medical history. Knowing that history can help you take steps to protect your health.

- First, make sure that your own medical history is up-to-date. Keep track of your medical records, doctor visits, diagnoses and treatments.
- Next, look at your family tree. Make a list of diseases for as many previous generations as you can. Talk with as many relatives as possible to get a complete family history.
- Talk with your doctor. He or she can help you assess your risks and take steps to lower them.

## In the Spotlight

CIGNA HEALTHCARE NURSES page 2

## Benefits FAQ

GET THE ANSWERS page 7

## Eyeing New Discounts

ON VISION CARE AND MORE page 8



preventive care

## How Our Nurses Work for You

**"Every day, I am called upon as a health professional who can assist a family with important decisions about their care. I find it a privilege to offer information with understanding and compassion." —a nurse with CIGNA HealthCare**

AT CIGNA HEALTHCARE, OUR nurses dedicate themselves to providing personal support and guidance to members when they need it most. You may meet them when you need case management, help with a chronic condition or medical information.

### Giving Personal Support

Our case management nurses can help members get the care they need at the maximum benefit coverage. A nurse may coordinate services that include specialty care, social services and hospice care.

A nurse case manager with CIGNA HealthCare describes one of her experiences. "I assisted a member who was having multiple ER visits and hospital admissions due to exacerbation of his asthma. I worked with his Primary Care Physician to obtain a referral to a pulmonologist and initiated a home respiratory therapist visit."

### Managing Chronic Conditions

Nurses help members manage their chronic conditions by providing self-help tools and support so that members can avoid

complications and improve their quality of life. Members with a condition such as diabetes, asthma or heart disease may receive educational materials and reminders about screenings and tests.

"In a recent outreach call to a member with diabetes, I explained the importance of a dilated retinal eye exam," says a nurse with CIGNA HealthCare. "She was grateful for the information and for the ability to talk to someone."

### Answering Questions

Nurses also can be a valuable resource for health information. Through the CIGNA HealthCare 24-Hour Health Information Line<sup>SM</sup>, they provide

guidance and confidential answers to health questions day or night, seven days a week. They promote preventive care and early detection of disease. To contact a nurse, call the toll-free number on your CIGNA HealthCare ID card.

"Being a direct contact for our members allows me to help them find solutions for their issues," says a nurse with CIGNA HealthCare. "When members call or send a note of appreciation, there is no better feeling than to know you made a difference."



## what's news

### EYE TROUBLES AND SCHOOL TROUBLES

Good vision is an important part of doing well in school. Even if your child has 20/20 vision, he or she may have a vision problem that makes it hard to focus or control eye movements. This can cause kids to get headaches, fidget and have a hard time with homework. Talk to an eye doctor if you are concerned.

### HAVE FUN AND PREVENT ALZHEIMER'S

The September issue of *The Journal of Gerontology* reports that doing more leisure activities now can

lower your risk of getting Alzheimer's disease later. Reading, socializing, going to the movies and even gardening can help keep your mind active and healthy.

**SEARCH FOR QUALITY** Check out the new provider excellence recognition search tool on [www.cigna.com](http://www.cigna.com). This tool helps you find participating doctors who have received recognition from the National Committee for Quality Assurance (NCQA). The NCQA provides information on and assessment of health plans and providers nationwide.





## Save With Generic Drugs

If you take prescription medications, you've probably heard about generic and brand-name drugs. But do you know the difference? It's all in the name and, more important, in the cost to you.

Because many brand-name medications have less-expensive generic alternatives, learning more about generic drugs could help you lower your costs at the pharmacy.

### Understanding Generics

When a new drug becomes available, it is sold under a brand name and protected by a patent. After the drug's patent expires, other manufacturers can begin offering drugs with the same active ingredients as the brand-name drug. These drugs are called generic drugs.

A generic drug must meet the same U.S. Food and Drug Administration standards for safety, strength and effectiveness as the equivalent brand-name drug.

### Know Your Options

CIGNA HealthCare members receive generic drugs for covered prescriptions whenever they are available. By

following the steps below, you could help lower your out-of-pocket costs with generic drugs.

1. Be informed. Research generic medications for your condition before you visit your doctor.
2. Talk to your doctor about whether generic drugs are right for you. The brand-name drugs you are prescribed may have generic alternatives that could lower your costs.
3. If a generic version of your brand-name drug is not available, other generic drugs with the same treatment effect may meet your needs. Talk with your doctor about generic therapeutic alternatives.

### An Important Reminder

Be sure to have your prescription filled at a CIGNA HealthCare participating pharmacy and present your CIGNA HealthCare ID card to the pharmacist. This will help ensure that you receive coverage at the maximum benefit level.



## TAKING NOTE OF DrugCompare<sup>SM</sup>

You can take a more active role in choosing your medications with a new tool on [myCIGNA.com](http://myCIGNA.com).

DrugCompare<sup>SM</sup> provides a wealth of drug information in a convenient way. With DrugCompare<sup>SM</sup> you can:

- learn about drug treatment options for more than 50 medical conditions
- research thousands of medications, using the DrugCompare<sup>SM</sup> library to search by drug name
- look at side-by-side drug comparisons
- learn about indications, side effects, interactions and cost
- read articles about specific medications

Gain the power of knowledge with a click of your mouse. Go to [myCIGNA.com](http://myCIGNA.com) and select the link to the drug information tool.







## Uterine Fibroids: More Common Than You Think

According to the Center for Uterine Fibroids at Brigham and Women's Hospital in Boston, about 25 percent of women of childbearing age suffer symptoms from uterine fibroids.

Uterine fibroids are made up of muscle cells and fibrous tissue. They develop within the wall or on the lining of the uterus. They can range from pea-size to larger than a cantaloupe.

Although no one knows what causes uterine fibroids, they occur most often in women in their late 30s and 40s. They usually shrink by menopause.

### Symptoms

Common symptoms of uterine fibroids include having heavy and/or prolonged menstrual periods and pelvic pain or pressure. This pressure can cause difficulty with urination and bowel movements. Some women experience no symptoms.



### Treatment

Several options for treatment are available.

**Nonsurgical therapies** include the use of anti-inflammatory drugs, such as ibuprofen or naproxen sodium, or hormone therapy. Another treatment, uterine fibroid embolization, cuts off the fibroids' blood supply. This shrinks them and helps relieve pain and bleeding.

**Surgical procedures** include myomectomy and hysterectomy. During a myomectomy, only the fibroids are removed; a woman's uterus is left intact. During a hysterectomy, a woman's uterus is removed, leaving her unable to bear children.

Doctors can usually detect uterine fibroids during a routine gynecological exam. In many cases, treatment is not required.



## PANIC DISORDER

### A Treatable Illness

A panic attack can derail your day and keep you up all night. Panic disorder can have a devastating effect on your work, social life and family.

According to the National Institute of Mental Health (NIMH), more than 2 million adult Americans have panic disorder. It often goes undiagnosed because its symptoms may be similar to other medical conditions.

### Symptoms

Panic attacks are episodes of terror or intense discomfort, accompanied by the sudden onset of symptoms, including at least four of the following:

- racing or pounding heartbeat
- chest pains
- lightheadedness
- nausea
- choking sensation
- shaking or trembling
- shortness of breath
- hot flashes or chills
- excessive sweating
- feelings of unreality
- tingling or numbness
- fear of losing control
- fear of dying

Panic disorder is characterized by recurrent panic attacks. The attacks usually last for a few minutes, yet they often feel never-ending. They typically occur with no apparent trigger, but they can be caused by many physical or psychological factors.

Panic disorder tends to worsen over time if not treated. Many people with panic disorder begin to fear and avoid situations they associate with panic attacks.

### Treatment

According to NIMH, treatment can reduce or prevent panic attacks in 70 to 90 percent of patients.

Panic disorder can be treated effectively with cognitive-behavioral therapy (CBT), medication or a combination of both.

If you think you may have panic disorder, talk to your doctor. If your CIGNA HealthCare plan covers mental health services, call the toll-free number on your CIGNA HealthCare ID card to access services.



# A Diet for the Ages

Although a balanced diet is important at every stage in life, women have certain nutritional requirements that vary at different ages. Read on to learn about some of the nutrients you need most at your age and where to find them, according to the Mayo Clinic.

## CALCIUM

A diet rich in calcium strengthens bones. It is important to get enough calcium during the pre-teen and teen years, when bones are still growing, as well as during menopause, when osteoporosis can set in.

### Daily Requirements

Ages 9–18	1,300 mg
Ages 19–50	1,000 mg
Ages 51 and older	1,200 mg

### Dietary Sources

Milk, yogurt, cheese, calcium-fortified juice and cereal, broccoli, tofu, canned salmon

## IRON

You lose iron during your menstrual period. This could lead to iron deficiency. Vitamin C helps your body absorb iron from plant foods, so eat iron-rich foods and vitamin C together. Sources of vitamin C include citrus fruit, broccoli and red peppers.

### Daily Requirements

Ages 10–18	15 mg
Ages 19–50	18 mg
Ages 51 and older	8 mg

### Dietary Sources

Poultry, seafood, meat, beans, spinach, whole grains, nuts

## FOLATE

Folate helps red blood cells grow. The synthetic version of folate is folic acid, which the body absorbs more easily. It is added to foods, such as breads and cereals. Folic acid may also help prevent birth defects, so it's important for women to get enough during their childbearing years.

### Daily Requirements

Ages 15–45	0.4 mg
------------	--------

### Dietary Sources

Folate: citrus fruit, nuts, spinach, beans  
Folic acid: fortified breads and cereal, supplements

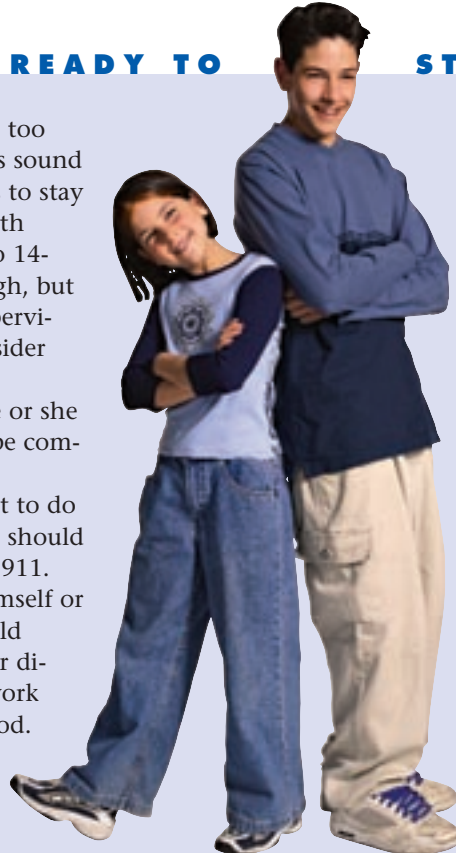
If you are pregnant or breast-feeding, you may have special nutritional needs. Talk to your doctor about a diet that's right for you.



## IS YOUR CHILD READY TO STAY HOME ALONE?

"Come on, Mom and Dad, I'm too old for a baby-sitter!" Does this sound familiar? Your child's readiness to stay home alone has more to do with maturity than age. Some 12- to 14-year-olds are responsible enough, but others may still need adult supervision. Is your child ready? Consider these questions:

- Is your child scared when he or she is alone? Your child should be comfortable being alone.
- Would your child know what to do in an emergency? Your child should know how and when to call 911.
- Can your child look after himself or herself responsibly? Your child should be able to follow your directions about doing homework and chores and preparing food.
- Is your child responsible enough to supervise his or her younger siblings?



If you think your child is ready to stay home alone, take these steps:

- Ask your child to call you when he or she comes home.
- Set some ground rules, such as how and when to answer the telephone and door.
- Post telephone numbers, including emergency numbers and the number of a neighbor or friend.
- If more than one child will be at home, talk to them about the importance of getting along.
- Tell your child to keep the doors locked at all times.
- Make sure your child knows fire escape routes. Keep a fire extinguisher handy and teach your child how to use it.

Preparing your child for this responsibility will help everyone feel at ease with this new independence.

## Learning to Live With Diabetes

"Your lab results indicate that you have diabetes." Perhaps you or a loved one has heard these words recently. If you don't know anything about diabetes, it may be a bit scary.

It's a good idea to understand what kind of diabetes you have. Type 1 is a disorder of the immune system that usually occurs in young adults or children. Type 2 usually occurs in adults over age 40 with a family history of the disease who are overweight and do not exercise regularly. According to the National Institutes of Health, type 2 is more common—90 to 95 percent of the 17 million Americans who have diabetes have type 2.

Whether you have type 1 or type 2 diabetes, taking care of yourself and visiting your Primary Care Physician (PCP) as often as he or she recommends can help you lower your risk for complications. According to the American Diabetes Association, these tips can help you stay healthy:

- Visit your PCP at least every three months if your blood glucose level needs to be lower or changes often.

If you have complications, you may need to see your doctor more often. If your blood glucose stabilizes at the desired level, see your PCP once every three to six months.

- When you see your PCP, make sure your physical exam includes a check of your weight and blood pressure and a foot exam.
- Ask your PCP to test your hemoglobin A<sub>1c</sub> level every six months if your blood glucose level is under control or every three months if you use insulin. And talk with him or her about any problems you have controlling your blood glucose level.
- Diabetes can cause diabetic retinopathy, a disease of the part of the eye called the retina. It is the leading cause of blindness in people who have diabetes. It's important to have your eyes checked, including having a dilated eye exam, by an eye care specialist every year. This is a covered benefit for members with diabetes.
- Test your blood glucose at home as your PCP advises.
- Have your urine analyzed once a year.
- Have a lipid profile, which measures cholesterol, once a year or as often as your doctor recommends.

And remember to follow your doctor's advice about diet and exercise—they're an important part of managing diabetes too.

### HOW WE CAN HELP

**CIGNA Well Aware for Better Health<sup>SM</sup>** is designed to help you manage your diabetes. As part of the Well Aware program, you'll receive support and resources, such as:

- information about diabetes and self-care tools
- *Diabetes Outlook*, a periodic newsletter
- postcards to remind you when it is time for important tests, screenings and exams
- access to a telephone support team of diabetes experts

We encourage you to take advantage of this program. Call 1.800.249.6512 to find out if you are eligible.





## HOW DO I ...?

# Answers to Common Benefits Questions

Understanding how to use your health benefits plan can seem like a daunting task, but CIGNA HealthCare makes it easy for you to manage your benefits. Read about some simple solutions below.

### How do I read my Explanation of Benefits (EOB)?

If you receive an EOB, you can learn how to read it by viewing a sample on *myCIGNA.com*. The EOB details the service provided and the charges paid.

### How do I change my Primary Care Physician (PCP)?

You can change your PCP for any reason. To find another PCP in our network, visit our online directory at

*myCIGNA.com*. Click on the "Change Your Physician" link and follow the simple steps.

### How do I get a referral?

If you need to visit a specialist, your PCP will help you choose the specialist and arrange the visit. In an emergency, seek care immediately. You do not need a referral.

### How do I file a claim?

You should file a paper claim only if you go to a provider who does not participate in the network or if you receive emergency or urgent care away from home. You can get a claim form from your human resources department or find one online at *myCIGNA.com*. You can also check your claim status online.



### How do I set up a Coordination of Benefits (COB)?

If you are covered by more than one health plan, you can set up a COB. Make sure to inform your health care provider and health insurance companies of all the health plans under which you are covered. You can find a COB form online at *myCIGNA.com*.

You can take care of many health care coverage tasks online. If you have other questions, call Member Services at the toll-free number on your CIGNA HealthCare ID card.

## PLAN COVERAGE AFTER MASTECTOMY



The 1998 federal budget passed by Congress requires that health plans cover reconstructive surgery after mastectomy. Your CIGNA HealthCare plan covers this surgery, and the law mandates that we provide you with this notice each year.

When a member receives benefits for a mastectomy and decides to have breast reconstruction, based on consultation between the attending physician and the patient, the health plan covers:

- reconstruction of the breast that underwent mastectomy
- surgery and reconstruction of the other breast to make them look symmetrical
- prostheses
- treatment of physical complications in all stages of mastectomy, including lymphedema

These services are covered at the same benefit level as other benefits covered by the plan. If you have questions, call Member Services.



## REWARDS FOR GOOD HEALTH

CIGNA *Healthy Rewards*® offers new programs to help you enhance your health and save money.

- **Weight Watchers** Receive free registration for group meetings and discounts for at-home kits and online registration.
- **The Optical Shop** This online resource provides rebates for name-brand eye care products, such as frames, lenses and contacts.
- **QuitNet** Get discounts when you enroll in this smoking-cessation program, which includes nicotine patches, counseling and a quit plan.
- **Tobacco Solutions** Get a discount on the Novartis Habitrol® kit, which includes eight weeks of "step-down" therapy, nicotine patches and access to counselors.
- **Magazine Discounts** Save up to 50 percent off subscription rates and 80 percent off newsstand prices on popular health and wellness magazines such as *Prevention* and *Fitness*.

You can access each of these programs through *myCIGNA.com*.

*Not all Healthy Rewards® programs are available in all states, including the above programs for HMO members in California.*

## The Value of *myCIGNA.com*

Whether you want to shop around for hospitals or learn how to manage your conditions, *myCIGNA.com* can help. It has tools you can use to make better-informed health care decisions.

**Choose Your Tool**  
You can find value in a number of ways on *myCIGNA.com*.

**DrugCompare**™ provides information on thousands of drugs, so you can compare brand-name and generic prescription drugs. You can research drug treatments for specific conditions, drug interactions, side effects and cost.

**Select Quality Care**™ helps you choose the hospital in the network that meets your needs. You can compare hospitals according to location, surgery success rates and cost. Compare



data for more than 50 medical procedures and print out a personalized report of your results.

**CareSteps**™ Health Risk Assessments help you monitor your health. By filling out our online questionnaire, you can find out your potential health risks and learn what to do about them.

**Healthwise**® provides information on thousands of health topics, including illnesses such as asthma and diabetes. It also explains treatment options and describes certain medical exams, such as mammograms and cancer screenings.

### Logging On

To access *myCIGNA.com*, just enter your ID and password. If you do not have an ID and password, registration is quick and easy.



CIGNA HealthCare

CIGNA HealthCare  
Department AJ  
900 Cottage Grove Rd.  
Hartford, CT 06152  
**www.cigna.com**

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
LONG PRAIRIE, MN  
PERMIT NO. 266



PRINTED ON RECYCLED PAPER

The information in this publication does not constitute medical advice and is not intended to be a substitute for proper medical care provided by a physician. CIGNA HealthCare assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this publication. "CIGNA HealthCare" refers to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these subsidiaries and not by CIGNA Corporation. These subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc., and its affiliates, CIGNA Behavioral Health, Inc., Intracorp and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare of Virginia, Inc., and CIGNA HealthCare Mid-Atlantic, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by Connecticut General Life Insurance Company. "CIGNA" is also a registered service mark. Entire publication © CIGNA Health Corporation 2004. All rights reserved. All models used for illustrative purposes only. Any reference to other organizations or companies, including their Internet sites, is not an endorsement or warranty of the services, information or products provided by them.